



OCTOBER 2021

TAPESTRY CHARTER SCHOOL 5th – 12th

ALTERNATIVE LUNCH CHOICES:
Peanut Butter & Jelly on Whole Grain
OR
4 Component Snack Bag

Monday

Tuesday

Wednesday

Thursday

Friday

Every Meal is Served with
Fresh Fruit or Canned Fruit,
Fresh Vegetables and
2 Varieties of Low Fat Milk.

WG = Whole Grain.

All Grains are 51% WG.

BREAKFAST FOR LUNCH!

MONDAY = Meat-less Monday!

TUESDAY = Taco Tuesday!

WEDNESDAY = Wacky Wednesday!

THURSDAY = Thankful Thursday!

FRIDAY = Fun Food Friday!

WG Spaghetti & Red Sauce w
Parmesan Cheese

Steamed Mixed Vegetables

WG Dinner Roll w Butter

INDIGENIOUS PEOPLE'S DAY.
NO SCHOOL TODAY.

WG Texas Toast Grilled Cheese

WG Cheese It's

Vegetarian Baked Beans

Baked Haddock Fish Sticks

Baked Potato Chips

Macaroni Salad with Celery &
Red & Green Peppers

Beef Tacos with Lettuce & Cheese in a
WG Hard Shell Taco

WG Tortilla Chips with Tomato Salsa

Fiesta 3 Bean Salad w Peppers, Corn,
Onion & Cilantro

Chicken Taco with Lettuce & Cheese in
a WG Soft Tortilla Wrap

WG Doritos

Steamed Corn & Beans

White Chicken Chili w White Beans,
Onions, Corn & Monterey Jack Cheese

WG Oyster Crackers & WG Corn Muffin

Mexican Street Corn Salad w Peppers,
Cheese, Cilantro & Chile-Lime Dress

Beef & Cheese Burrito in a
WG Soft Shell Tortilla Wrap

Lime-Cilantro Brown Rice

WG Tortilla Chips & Tomato Salsa

WG Blueberry Waffles

Potato Hash Browns

Pork Sausage Links

Syrup & Ketchup

Sloppy Joe's on a WG Bun

Oven Baked Tater Tots

Tomato, Basil & Mozzarella Pasta Salad

BBQ Chicken Patty Sandwich w Let-
tuce & Cheese on a WG Bun

Baked Curly Q French Fries

Tomato & Cucumber Salad

Chicken Souvlaki Salad w Lettuce, To-
matatoes, Green Peppers, Feta & Olives

WG Pita Chips

Carrot Sticks w Hummus Dip

Chicken Teriyaki w Brown Rice, Broc-
coli, Red Peppers, Baby Corn,
& Water Chestnuts

Crispy Won Tons & Fortune Cookies

Mandarin Oranges

Turkey Sandwich w Lettuce &
Cheese on WG Bread

WG Pretzel Hearts

Broccoli, Peppers & Tomatoes w
Honey Mustard Dip

Mustard, Mayo & Dill Pickles

Baked WG Ziti w
Meat Sauce & Mozzarella

Caesar Salad w Romaine,
Croutons & Parmesan

WG Garlic Parmesan Dinner Roll

Grilled Ham & Cheese on WG Bread

WG Gold Fish Crackers

Italian 3 Bean Salad w Chick Peas,
Green Beans & Kidney Beans

Oven Baked Chicken Fingers

Celery Sticks with Buttermilk Ranch

Garden Salad

PROFESSIONAL DEVELOPMENT.
NO SCHOOL TODAY.

Cheese Burger w/ Lettuce &
Cheese on a WG Bun

WG Garden Sun Chips

Greek Pasta Salad w Spinach, Green
Peppers, Tomatoes, Feta & Olives

Ketchup, Mustard & Dill Pickles

Cheese & Pepperoni Pizza
on a WG Crust

Carrots & Celery w Buttermilk Ranch

Garden Salad

HAPPY HALLOWEEN!
Beef GHOULash w Tomatoes, Peppers,
Onions & WG Elbow Macaroni

Mandarin Orange JACK O LANTERNS

GHOSTED Mozzarella Cheese Stick

Garden Salad & Cold APPLE SPIDER

In accordance with Federal law and U.S. Department of Agricultural policy,
this institution is prohibited from discriminating on the basis of race, color,
national origin, sex, age or disability.

Menu is subject to change
without notice.